

# Smoking/Vaping During Pregnancy

## Is there a safe amount of smoking/vaping during pregnancy?

No. Even a few cigarettes a day means harmful chemicals will reach your baby and damage your health.

Pregnant people who quit smoking/vaping have healthier babies. **No matter how far into your pregnancy you are, quitting will help your baby now and after they are born.** Talk with your doctor today to get help with quitting!

## Are e-cigarettes safe?

No. Vapor from e-cigarettes contains chemicals that cause cancer, and heavy metals that may damage the baby's developing brain.

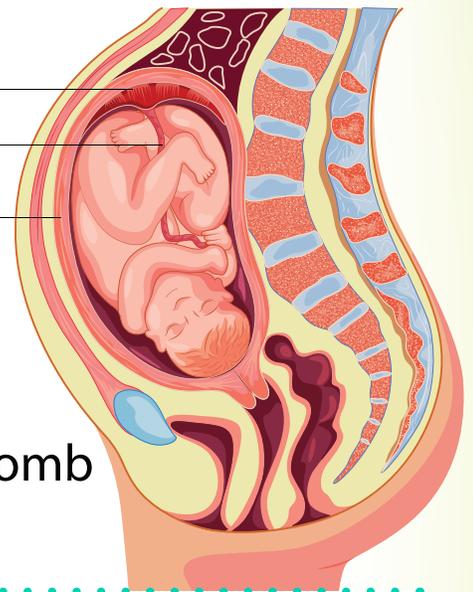
## Risks of smoking/vaping while pregnant:

- Damage to the placenta, which delivers oxygen and food to the unborn baby
- Miscarriage or stillbirth
- Preterm labor (before 37 weeks of pregnancy)
- Even if a baby is born full term (40 weeks) they are often very small and have health problems because they didn't get enough oxygen and necessary nutrients while in the womb.

Placenta

Cord

Uterus



Baby In Womb

**Talk to your doctor to get help with quitting.**

### FREE Quit Support:

- Visit [www.smokefree.gov](http://www.smokefree.gov)
- Pregnant people: for helpful text messages, text MOM to 222888
- Liv App, a free app of resources for pregnant people
- Text READY to 34191
- Log into [equitnow.com](http://equitnow.com)

**QUIT  
now  
INDIANA**  
1.800.Quit.Now